

# UVSC-Heber Campus Gets Fitness Center

BY MAGGIE TAYLOR

Wave Staff Writer

The new fitness center opened June 4 at the Utah Valley State College Heber Valley Campus.

The new fitness center is open for UVSC students, faculty, and staff. All participants receive personal training and a personal routine on the weights set up by Bill Croft, a coach for 20 years.

Vicky Roberts, UVSC's Administrative Assistant and a participant in the fitness program, related, "Bill Croft stays right with you and sets up a program for each person. The equipment is top notch equipment. It's a fun thing to do and you just feel wonderful when

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***"Going to the fitness center is something you can do your whole life. It's not a body building program, it's to keep and improve strength and to learn."***

Bill Croft  
UVSC Trainer

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you leave."

Bill Croft has been a high school and football coach, as well as a track coach and strength coach in college. He is also USPTA (Utah State Professional Tennis Association) certified.

"It is on a nice open area with good views so you can see outside, but it is a smaller atmosphere so the focus can be placed on each student personally. It is part of the Physical Education department. We have plans to add tennis, racquetball, downhill skiing, cross country skiing, cycling, golf, basketball, coaching, volleyball, aerobics -- we're still in the process of planning. It is all part of the education program," Croft said of the new fitness center.

Dr. Barbara von Deither, then Dean of UVSC, is Croft's best student.

Dr. von Deither believes that in a leadership role, one needs to lead by example.

"The Dean is going regularly to encourage faculty, students, and staff to get with the program, and it's working," she said.

It is working, because all but one staff member is using the program, along with several students.

The fitness center started with weights and then more will be added on.

"Going to the fitness center is something you can do your whole life. It's not a body building program, it's to keep and improve

time to visit the great Dinosaur friendly town of Fair also boasts PRCA rodeos in and cowgirls stop off for one earn money to PR in December. Fair also hosts the performance in and it's a sell-the Grand Entry h to impress the gons and car-eatured guests. Mutton Bustin' th top prizes for d great family ke your pick of on the midway re right beyond 7 was one of the eos in the nation ears. The Days still the best he Inter-moun-anked it lower like summer The top hands op by the Delta r. Expect this

of a lot of the same hands that hit the PRCA shows in Utah. They also serve breakfast each day and events for the kids including a Jr. Rodeo and end the weekend with a big bull riding event on Labor Day. Not too hard to find - Francis is on SR-32 just a mile south of Kamas. Take I-80 East to Heber/Denver exit and then take Kamas exit and follow the signs. Breakfast is to die for -- served the old fashioned way and as tasty as grandma used to make.

#### COWBOY TED'S Top-10

1. Strawberry Days - Pleasant Grove - Mid-June
2. Oakley 4th of July Rodeo - Oakley - Early-July
3. Fiesta Days - Spanish Fork - Late-July
4. Mountain Valley Stampede - Heber City - Early-August
5. Ogden Pioneer Days - Ogden - Late-July
6. Dinosaur Round-Up - Vernal - Mid-July
7. Utah State Fair & Rodeo - Salt Lake City - Early-September
8. The Days of 47 - Salt Lake City - Late-July
9. Golden Spike Rodeo - Tremonton - Late-August
10. Francis Frontier Days - Francis - Labor Day weekend

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## Athletes

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## Center Opens

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strength and to learn," Croft said.

Dr. von Deither said that the UVSC Heber Valley Campus is offering a variety of sports classes for credit. The credit classes for the fall semester include Tai Chi, Jui Jitsu, Weight Training, Off Road Cycling, Fundamentals of Athletic Coaching, Fitness for Life, Personal Health and Wellness, and Nutrition Through the Life Cycle. They are also offering weight training for seniors as a non credit short duration class this fall.

Dr. von Deither plans to expand the PE department even more.

"In the future we will develop intramural sports, such as basketball, volleyball, baseball, swimming, and gymnastics. In addition, the Wasatch Campus will develop a collegiate team for the biathlon and Cross Country events," she added.

All students attending or planning to attend UVSC in Heber are encouraged to take advantage of this great program.

# UVSC

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Legislature's subcommittee for higher-education appropriations meets to hear funding proposals.

It won't mark the first time UVSC has asked the state for help with the proposed campus, which is projected to attract 1,100 to 3,000 students by 2005, according to UVSC research.

A request for funding and year-to-year maintenance costs was pulled from the agenda at the outset of the 2000 Legislature by President Kerry Romesburg when he saw the utility-line problem could not be quickly solved.

Romesburg didn't want to risk not being able to build in Heber soon after receiving money from lawmakers and donors.

If the money is allocated by lawmakers, Von Diether expects the planning, designing and bidding-for-contractors phase to last throughout 2002. Construction could start in spring 2003 and the facility could open in 2004.

UVSC, which is charged by state statute with providing college classes in Utah, Summit and Wasatch counties, has offered classes in rented buildings in Heber since 1996.

A \$5 million donation given last year by an Internet entrepreneur flush with dot-com cash will largely pay for a 50,000-square-foot flagship building at the proposed campus. Donations to fund a Wasatch Campus have been solicited since a trio of landowners in 1999 gave the school land on a Heber hillside. Potential donors continue to be courted.

A poll commissioned by UVSC in September showed that 93 percent of the 400 residents polled support the idea of a UVSC Wasatch Campus.

Four percent are uncertain and 3 percent oppose the campus.

Academically, the most common request of those polled was for more general-education courses, followed by more business and computer-science offerings, according to the Western Watts survey.

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## Get The Truth



side route. Many camped out overnight to reserve prime seating spots.

